

Preventive Care Checklist

The proactive way to stay healthy

Make time to visit your doctor once a year. Share your health history, ask questions, and bring this handy guide to recommended screenings and their frequency.

Men



Testicular exam
Checks for changes in appearance and feel. Screens for cancer.
Yearly, from age 18.



Cholesterol test
Blood test. Indicates heart health.
Regularly, from age 35.*



Abdominal ultrasound
Detects abnormalities in the aorta, the main blood vessel in your midsection.
Once, 65-75.

Both

18-29



Body mass index
Height/weight ratio. Indicates overall health.
Normal = 18.5-24.9
Yearly, from age 18.



Blood pressure test
Exam using arm cuff. Indicates heart health.
Ideal = 120/80.
Yearly, from age 18.



STD screening
Blood test or cell swab.
Yearly, depending on sexual activity.

30-39

40-49



Blood sugar test
Screens for Type II diabetes.
Regularly, from age 45.



Colonoscopy
Imaging of the colon via scope. Detects cancer.
Every 10 years, from age 45.*

50-59

65+

Women



Pap smear
Microscopic cell exam screens for cervical cancer.
Every 3 years, from age 21.



Mammogram
Breast X-ray to detect abnormal lumps. **Every 1 or 2 years, as early as age 40.***



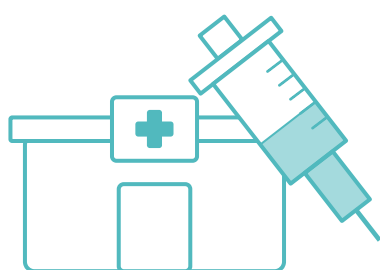
Cholesterol test
Blood test. Indicates heart health.
Regularly, from age 45.*



Bone density scan
Enhanced X-ray. Detects osteoporosis.
Regularly, from age 65.*

Vaccines

They're not just for kids. Your doctor may recommend others depending on your risk factors.



Flu: **Yearly, from age 18.**

TDaP: Combined protection against tetanus, diphtheria and pertussis (whooping cough).
At least once as an adult.

Shingles: **1 or 2 shots, starting as young as age 50.**

Pneumonia: 2 shots given 1 year apart.
Age 65+, or younger if you're at risk.

*If you have diabetes, smoke, have a family history of the illness, or other risk factors, your doctor may recommend earlier screening.

Source: Centers for Disease Control and Prevention, 2019